



PLUS
3 ways
to stop
overeating
p.50

Quickie Workouts:
Got 5 Minutes?

GET A
TIGHT
BUTT &
THIGHS
FAST

WANT
TO LOOK
YOUNGER?

the ONE mistake
you're making

CHEAT ON
YOUR DIET
& still lose
weight!

FLATTEN
YOUR
ABS
IN ONE
MOVE

AMY
SMART
HOW SHE
GOT THESE
GORGEOUS
ABS (p.60)

Fertility Breakthrough
A NEW WAY TO
STOP YOUR
BIOLOGICAL CLOCK

Mark Your Calendar



Breast-cancer survivors wear pink.

TUBBS ROMP TO STOMP OUT BREAST CANCER, JAN. 28 The Romp officially starts at 9:30 a.m. in Salt Lake City. Bundle up for a power shuffle (a 3k or 5k walk — your choice) through the powder-frosted Mountain Dell Golf Course in Parley's Canyon. **FEE** Registration from \$18 before the event and \$20 race day; includes snowshoes

loaned to the first 300 participants, refreshments, a goodie bag and door prizes from several donors, including title sponsor Tubbs Snowshoes (800-882-2748, tubbsromptostomp.com).

> **Tip** Start your conditioning two to four weeks prior to the Romp with an hour of cardio at least three times a week, advises Read Carlan, program director of Park City's White Pine Touring, which rents snowshoes for \$15 a day (435-649-8710, whitepine-touring.com) should you arrive a couple days early.

channel on your TV, and blocks, straps, and mats can be checked out for free (doubles from \$246; 800-663-1815, pacificpalisadesbotel.com).

> **Refuel** Follow the locals to the hip, ethnically diverse Commercial Drive on Vancouver's east end for brunch. Try Havana's Cuban omelets and Caribbean chicken wraps (from \$10; 604-253-9119; havana-art.com).

For dinner, reserve a table at your own hotel's famed Zin Restaurant & Lounge (604-408-1700), featuring executive chef Chris Whitaker's blend of farm-fresh produce and regional seafood, including butter-curry scallops (about \$20).

> **Rewards** Retreat to MBODY Fitness & Wellness (604-891-5189) for a luxury pedicure. Your 60 minutes of bliss begins with an invigorating coconut-butter and sea-salt foot exfoliation followed by an herbal soak, leg and foot massage with warm stones and your choice of polish (about \$71).

> **Destination info** tourismvancouver.com



Strap on some snowshoes and cruise Utah's winter wonderlands.

Snowshoe tour Utah: Tubbs Romp to Stomp Out Breast Cancer

> **Entry point** Salt Lake City Airport

> **The getaway** Bond with mom on the powdery trails of Salt Lake beneath the mighty Wasatch Mountains; snowshoeing is a great way to sneak in



Practice snowshoeing pre-Romp on Park City powder.

some awesome cardiovascular exercise (the average woman burns 526 calories per hour snowshoeing, while toning the lower body and core).

> **Awesome excuse** More than 211,000 women in the United States are diagnosed with breast cancer annually; Salt Lake City's Romp last year contributed \$9,000 to the Susan G. Komen Breast Cancer Foundation.

> **Take five** Park City is about 40 minutes east of Salt Lake, and bustling historic Main Street is the place to be on weekends, with Western kitsch boutiques, art galleries and nightclubs. At its very heart is Treasure Mountain Inn, a "green" hotel that goes several steps beyond recycling and using biodegradable soaps by contributing 1 percent of each booking to environmental causes (from \$225; 800-344-2460, treasuremountaininn.com).

> **Refuel** Stop by Treasure Mountain Inn's own Morning Ray Cafe for an event-day breakfast of "Buckaroo" (buckwheat, buttermilk and cornmeal) pancakes (\$5.50 for a short stack; 435-649-5686, morningraycafe.com).

After crossing the finish line in Salt Lake City, chow down on tasty ahi sashimi (\$10) at Takashi on West Market Street (801-519-9595).

> **Rewards** Celebrate in style at Salt Lake's Grand America hotel, a glistening white granite monolith that towers 24 stories above much of the city (winter rates from \$209; 800-621-4505, www.grandamerica.com). Make its Grand Spa your first stop and indulge in a Swedish, deep-tissue and reflexology sampler (\$90 for 50 minutes).

Destination info utah.com

Santa Monica, Calif.-based writer and tennis enthusiast ANN SHEPPHARD dreams of planning a vacation around (and, naturally, winning) the U.S. Open.



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